

Let My People Go: Lesson 1

SuperTruth: God sees, hears and understands me.

SuperVerse: "I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows." Exodus 3:7 (NKJV)

Bible Story: Exodus 3–14

LARGE GROUP / GRADES 1–6

This story will teach us that God understands our problems, He hears our prayers, and He loves us.

- Select a video to have playing as children enter the Large Group room. Videos are under Resources on the top menu bar.
- God was concerned about His people when they were slaves in Egypt and He had a plan to help.
- Chris and Joy discuss which Superbook adventure was the best.

SMALL GROUP / GRADES 1–6

Game: Fill It up (15 minutes)

Objective: Explore the Superbook story with a game about the Israelite's toil in Egypt.

- Let's play a relay game to remind us of the Israelites' hard work under Pharaoh. God saw their oppression, heard their cries, and knew their sorrows! He understood their need for His help!

Game Instructions:

- Divide the children into two teams. Give a bucket containing a jug of water, or a bag of gravel, dirt or sand to the first child on each team.
- Each child actually carries the same load back and forth, but in different buckets—symbolizing the endless toil of the Israelites. The process of filling and emptying the buckets continues until each team member has taken a turn. The first team to complete the bucket relay is the winner.

Teaching: God Knows (15 minutes)

Objective: Discuss how God sees, hears and understands us.

- God saw the Israelites in Egypt. He also saw Moses in the wilderness watching his flock of sheep. He knew where he was and appeared in the burning bush. God sees us, too!
- God created this gigantic universe, and we are just tiny little people on this big planet. Yet God loves us so much that He sent His only Son, Jesus, to live on Earth and experience everything we do in life and to be our Savior to rescue us!

Take Home Activity—Discipleship Challenge (2 minutes)

- Make paper chains to remind us that Jesus set us free from sin so we can freely serve God!
- Take this chain home, do Challenge #1 and tear off that link.

SuperVerse: Superbook Search (5 minutes)

Objective: Memorize the Superverse with a group activity.

- Discuss the meaning of the word "exodus." How does it apply to the Bible story?
- Children will do hand motions while saying the verse.

Prayer: Praying Moses's Prayer (5 minutes)

Objective: Communicate with God.

- Our prayer today is from a prayer of Moses in Psalm 90:12. Use the long rope to compare the brevity of our life on Earth to eternity with Jesus in heaven.
- Children close their eyes as you pray as Moses prayed.

ADDITIONAL ACTIVITIES (REFER TO THE LESSON GUIDE FOR DETAILED INSTRUCTIONS)

Wilderness Game: Follow a guide through the wilderness. | **Grades 1–6** | 15 min

Discussion Activity: Discuss being equipped for tasks. | **Grades 1–6** | 15 min

Object Lesson: Talk to the rock. | **Grades 1–3** | 10 min

Craft: Decorate and color a picture of Gizmo. | **Grades 1–3** | 10 min

Game Materials

Needed:

- Four small to medium-size buckets or containers
- Something weighty to fill one bucket per team, such as a sealed jug of water or a sealed bag of gravel, dirt or sand
- Optional—masking tape
- Optional—tarp, rug or blanket to cover floor under bucket
- Chalkboard and chalk, whiteboard or poster board and marker

Teaching Materials

Needed:

- Scissors for children
- Tape or stapler
- Chain Link Challenge Pattern
- Bible or the Superbook Bible App

Prayer Materials

Needed:

- Very long rope, string or yarn
- Red marker
- Bible or the Superbook Bible App